

# MONTGOMERY MT Breeze

January 2020

Printed 12/28/19

Circulation 375

PUBLISHED BY THE MOUNTAIN BREEZE STAFF

## Annual Post-Christmas dine out ends MHS program year

The program year of your Montgomery Historical Society ends with an annual Post-Christmas "dining out" experience at a local restaurant. The Comfort Kitchen at 4 Main Street, Huntington is our selection for this year's celebration – on Wednesday, January 8 at 6:00

p.m.,  
with a  
snow  
date of  
Thursday,  
January 9.  
All are  
invited

### Historical Happenings



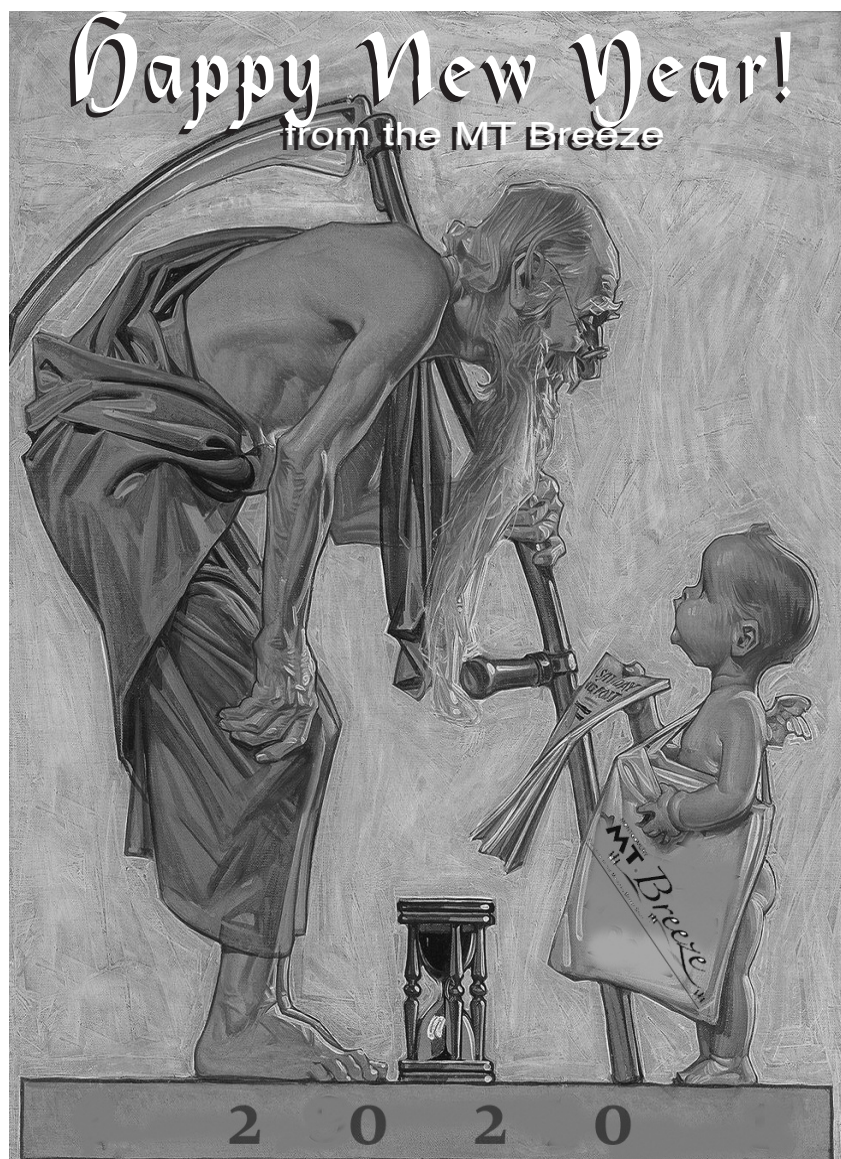
to join in on the fun, food, and fellowship that evening. (As always, no need to be a member of the Historical Society to participate in any program or event offered!)

Reservations for the dinner should be made soon by calling Laurie at 862-8095. We will need to notify the restaurant by Monday, January 6 at latest. We will be ordering from the menu (no pre-selected choices).

Please consider adding your name to the list right now. We hope you'll be able to join us for this fantastic evening!

*Have a healthy, HAPPY NEW YEAR!*

*The display case in the Grace Hall Memorial Library at the Town Center currently exhibits a collection of "Jim Shore Christmas" figurines – unique and fanciful Santa Clauses and Angels designed by Jim Shore. They will be on loan until the first week in January, when we'd like to be able to present a display loaned by YOU! Won't you PLEASE contact Laurie at 862-8095 with your ideas for an exhibit to show in the case during January and part of February? That would be much appreciated!*



**"It is never too late  
to be what you might  
have been."**

George Eliot

# Important numbers

FIRE EMERGENCY 911  
AMBULANCE 911  
STATE POLICE 911

HIGHWAY DEPARTMENT 862-4037

GATEWAY HIGH SCHOOL 685-1102  
GATEWAY MIDDLE SCHOOL 685-1202  
GMS ATTENDANCE 685-1201  
LITTLEVILLE ELEMENTARY 685-1301

TOWN HALL OFFICE 862-3386

Listen to the following extensions of each office.

[townhall@montgomeryma.gov](mailto:townhall@montgomeryma.gov)

Administrative Secretary Hours, Tuesdays &  
Thursdays from 10 a.m. to 4 p.m.

FIRE DEPT: 862-4505

FIRE CHIEF - CHRIS GALIPEAU 862-4599

TOWN CLERK - JUDY MURPHY 862-3386 ext 3  
or direct line 642-6927

Office hours are on the 1st and 3rd Wednesday of each month  
from Noon - 4:00. Or you may call for an appointment.

POLICE DEPT:

ADMINISTRATIVE POLICE CHIEF -  
PAULA CHAPMAN Home 862-4949  
Office 862-3386 ext 5

TAX COLLECTOR - JANE THIELEN 862-3386 ext 1  
or direct line 642-8139

ANIMAL CONTROL OFFICER -  
PHIL CAMP 862-4976

SELECT BOARD:  
DONALD WASHBURN 862-3301  
MIKE MORRISSEY 862-3386  
JACOB CHAPMAN 862-4949

Meetings for the Select Board are held at 7:00 p.m. every  
other Thursday.

SCHOOL COMMITTEE:  
MADELYN AUSTIN 862-4004  
[mrrrr@verizon.net](mailto:mrrrr@verizon.net)

LIBRARY:  
LIBRARIAN - PAULA LONG 862-3894  
[montgomerylibrary@yahoo.com](mailto:montgomerylibrary@yahoo.com)

HOURS: Tuesday 10:00 a.m.-5:30 p.m.  
Thursday 4:00 p.m.-8:00 p.m.  
Saturday 9:30 a.m.-12:30 p.m.

BOARD OF ASSESSORS:

Meetings of the Board of Assessors are held on the 1st & 3rd  
Wednesday of each month from 8:00 p.m.-9:30 p.m. Please  
call 862-3386 ext 2 or direct line 642-8105 for an appoint-  
ment. Assessors' Clerk hours 1st & 3rd Wednesdays of each  
month from Noon - 4 p.m.

CONSERVATION COMMISSION -

PAIGE LALIBERTE, Chairman 862-3245

The Conservation Commission meets on the first Monday of  
each month.

COUNCIL ON AGING 862-3386 ext 6 or 642-8143

STATE REPRESENTATIVE LINDSAY SABADOSA:  
[info@lindsaysabadosa.com](mailto:info@lindsaysabadosa.com)

(413) 539-8599

# January Calendar

Jan. 1 New Year's Day

Jan. 3 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall

Jan. 5 6:30 pm - Yoga - Town Hall

Jan. 7 Recycling day

Jan. 9 7:00 pm - Selectboard Meeting - Town Hall

Jan. 10 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall

Jan. 14 10:00 am - Coffee Hour - Senior Room

Jan. 14 6:30 pm - Yoga - Town Hall

Jan. 15 Noon - 4 pm - Town Clerk Hours - Town Hall

Jan. 17 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall

Jan. 21 Recycling day

Jan. 22 6:30 pm - Yoga - Town Hall

Jan. 23 7:00 pm - Selectboard Meeting - Town Hall

Jan. 24 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall

Jan. 28 10:00 am - Coffee Hour - Senior Room

Jan. 29 6:30 pm - Yoga - Town Hall

Jan. 31 9:30 - 11:00 am - Osteoporosis Exercise - Town Hall

## Condolences to

... Linda and Wayne (Hap) Morse on the loss of Linda's  
sister Judith Keniston of Montgomery who passed away  
November 21 in Boston

... Beulah Kidrick and family on the loss of her brother,  
and to Dakota and Phoenix Whitaker on the loss of their  
grandfather, Horace Whitaker, who passed away  
December 22.

### MOUNTAIN BREEZE AD POLICY

Montgomery resident ads: \$3.50 for ¼ page, \$7.00 for ½ page, \$10.50 for ¾  
page and \$14.00 for a full page.

Non-resident ads: \$5.00 for ¼ page, \$10.00 for ½ page, \$15.00 for ¾ page  
and \$20.00 for a full page.

Political ads: \$15.00 for ½ page and \$30.00 for a full page. (Political ads  
must include the name of the payer.)

Ads: email (preferably pdf file) to [montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com), put in  
the MB box at the Library, or mail to: **Montgomery Mountain Breeze, c/o  
Grace Hall Memorial Library, 161 Main Road, Montgomery, MA 01085-  
9525.** Include your name and phone number. Payment must be received by  
deadline date (usually on the 16th of the month) or ad will not be run. No  
cash, please; make check payable to Montgomery Mountain Breeze and  
put in the MB box at the Library, or mail to above address.

### MOUNTAIN BREEZE STAFF

Editor: T.Lak 413-237-2818

Helen Allyn \* Chris Brown \* Laurie Flechsig \* Paula Long \* Julie  
Pike \* Jane Thielen

[montgomerymtbreeze@gmail.com](mailto:montgomerymtbreeze@gmail.com)

The Grille is *the place* to meet your neighbors!

# HAPPY NEW YEAR TO ALL MY CUSTOMERS!

**“MAY ALL YOUR TROUBLES  
DURING THE COMING  
YEAR BE AS SHORT AS  
YOUR NEW YEAR'S  
RESOLUTIONS.”**



**Montgomery  
Grille**

AT THE MONTGOMERY MARKETPLACE

**Hours:**  
Wednesday, Thursday, Friday:  
5:30 am to 2:30 pm  
Saturday and Sunday:  
6:00 am to 2:30 pm  
Lunch starts 11:00 am

46 Main Rd, Montgomery, MA  
862- (FOOD) 3663  
**NEW HOURS: 6:00 a.m. to 2:30 p.m.**  
Closed Mondays & Tuesdays



# Plant your garden now for this coming summer

## Winter Seed Sowing

Many do not think of gardening this time of year but it is possible to plan for your garden this coming summer by winter sowing. Starting saving your transparent milk and cider jugs, both ½ gal and 1 gal. size. Wash out the containers with hot soapy water and rinse very well with cool water. Drill drainage holes in the bottom of the container. Make a hinge style lid of the jug by cutting with a box cutter - cut the jug in half by making the cut only around ¾ of the jug. After preparing the jug, add potting soil up to the top of the sliced section.

Next you have to moisten the soil - wetting the soil until saturated. Now you can scatter the seeds atop the soil, using your fingers to press the seeds into the layer of soil. The seeds best suited for are: most perennials, broccoli, cabbage, spinach, beets and lettuce in the early part of the winter and tomatoes, peppers, and eggplants in the later part of the winter.

## GardenNews by Chris Brown



After you plant your seeds, label the container VERY WELL - use a laundry marking pen - an indelible pen can fade in the sun. You can also label a piece of duct tape that you have placed on the bottom of the container.

Mark the name of the seeds in several places on the container. Using packing tape or duct tape, tape the container shut. Now place your mini-greenhouse outside - in Jan & Feb - and let the seeds germinate at their own pace in the snow, cold, rain, in other words our New England winter.

You will only have to water the seedlings in the spring, if the container dries out. Do not place in the full sun as that may "cook" your seedlings when the sun gets more intense in the Spring. A few hours of sunlight will suffice. I have been successful with broccoli, beets, columbine and fox glove and this coming January, I will be trying a variety of seeds. Good luck with winter seed sowing.

## NO-FAIL TART CRUST

Recipe January 2020 (Thank you Jeanne Aras for this recipe contribution.)

### Ingredients

1 ¾ cups all-purpose flour	½ cup butter, cubed (1 stick)
½ tsp. salt	2 egg yolks
3 Tbsp. ice water	

Preheat oven to 450 degrees. In food processor, pulse flour, butter and salt about 10-20 seconds or until mixture looks like fine crumbs (Do Not over process).

In a small bowl whisk together yolks and water. With processor running, add yolk mixture. Stop as soon as dough starts to come together (about 5 seconds).

Transfer dough to pan, press into corners, trim excess. Using a fork, prick dough all over. Line pastry with a double thickness of foil.

Bake 12 minutes then reduce temp to 350. Remove foil and bake 8 minutes more or until pastry is golden. Let cool completely.

JANUARY RECIPE

## Looking for Christmas Gifts? The 2020 Taste Coupon Book - \$25.00 ea

AMVETS Post 96, Russell, MA

*Proceeds will benefit the Holyoke Soldiers Home  
Entertainment Fund*

**Included inside are coupons for local & "chain" restaurants in:** Agawam, Chicopee, Easthampton, Hadley, Holyoke, Ludlow, Northampton, Southampton, Southwick, Springfield, West Springfield, Westfield & many other towns in Western Mass - including our "own" Montgomery Grille.

Big Y is back. Need to download app for digital coupon to receive \$10.00 off, see 2nd page in book.

**Restaurants Include:** Arby's, Burger King, D'angelo, Denny's, Domino's Pizza, Dunkin Donuts, KFC, Sonic, McDonalds, Moe's Southwest Grill, Munich Haus, Outback, Red Robin, Texas Roadhouse, Uno, and MANY more.

**Also included are coupons for:** Amelia Park, Big Y (electronic coupon), Eric Carle Museum, Fenway Golf, Firestone, Look Park, Lupa Zoo, Old Sturbridge Village, Springfield Symphony, Springfield Thunderbirds, Taylor Rental Volleyball Hall of Fame, & many others.

*Over 200 Western Mass Merchants & Restaurants - most with 2 or 3 coupons each.*

**If interested, call Dan Flechsig at 862-8095**

# HAPPY NEW YEAR



## Outside the bird feeder with Lori Conley

### HOW DO BIRDS THAT STAY BEHIND IN WINTER STAY WARM?

Winter migration and the backyard birds that stay behind can raise many questions about how a bird survives such journeys and temperatures. When the winter snow starts falling in many parts of the country, some backyard birds have already departed for warmer climates, while others are migrating into backyards from further north. Only the heartiest of colder climate wild birds that have evolved for winter weather have stayed behind.

Many may wonder how these birds are able to stay warm in freezing temps and sometimes ceaseless winds that winter

brings. Think of yourself in a puffy down coat. When you're cozy and settled in, the down traps your body heat into little pockets of comfy warmth. The same is true for birds. To create insulation, our little warm-blooded bird buddies fluff up their feathers and create their own little air pockets in between them. In a short time, the air warms and the birds are wrapped in a blanket of cold busting heat.

In order to keep up this warmth though, birds must eat a great deal of fat-rich food to generate the necessary heat. By feeding birds the right food in wintertime, you can make the lives of our backyard friends much easier.

From 'Droll Yankees'  
Peace and blessings for the coming New Year

### JANUARY BIRTHDAYS:

Arlene Bodurtha  
Rebecca Bodurtha  
John Bucko  
Deborah Clark

Bertine Galipeau  
Krystyna Galipeau  
Peggy Goralczyk  
Patti Little  
Steve Monkiewicz  
Bob Pike

Bob Wall  
James Wall  
Karen Wassung  
Dakota Whitaker

### JANUARY ANNIVERSARIES

None

Please help us keep  
our celebrations of  
birthdays and anniver-

saries up-to-date by  
emailing the MT Breeze  
with any names that we  
may include in our  
monthly listings. Thank  
you for your help!



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**LOWEST RATES GUARANTEED!!!**

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# Library News

Be at War with your Vices, at Peace with your Neighbours, and let every New-Year find you a better Man. ~Quoted in Benjamin Franklin's 1755 *Poor Richard's Almanack*, December

[facebook.com/gracehallmemorial](https://facebook.com/gracehallmemorial)

## Valentine's Day Card with Sandie Mann

Come join us on January 25 at 10 am for another "Make & Take" workshop to create wonderful cards for your Valentine. Seats are limited so please pre-register at the library by January 21.



Last years card, come in and see what this year is!

Trustee's meeting  
Feb. 6 at 6:30pm

### Museum Passes

\*Old Sturbridge Village\*

Springfield Quad

Norman Rockwell

Mystic Aquarium

Deerfield Historical Museum

USS Constitution

DCR State Park Pass  
MassMoCa

### Hours

Tues: 10- 5:30

Thurs: 12-8 **NEW HOURS**

Sat: 9:30-12:30

### Contact

#### Mail

161 Main Road, Montgomery, MA 01085

#### Phone

413-862-3894

#### email

[Montgomerylibrary@yahoo.com](mailto:Montgomerylibrary@yahoo.com)

#### Website

[montgomeryma.gov](http://montgomeryma.gov)  
[wghl.masscat.org](http://wghl.masscat.org)  
[facebook.com/gracehallmemorial](https://facebook.com/gracehallmemorial)

[commonwealthcatalog.org](http://commonwealthcatalog.org)

## New Items at the Library

Genesis by Robin Cook

Olive, again by Elizabeth Stroud

Rise of Magics by Nora Roberts

Serious Goose by Jimmy Kimmel

Downton Abbey the Movie DVD

Rambo Last Blood DVD

Dead Astronauts by Jeff Vandermeer

Once upon a time in Hollywood DVD

Plus many more, come on in and see!



# COUNCIL ON AGING

Serving the Citizens of Montgomery  
January 2020

## Calendar

**Tue – Jan 14 Coffee Hour – 10 a.m.**

**Tue – Jan 28 Coffee Hour – 10 a.m.**

### **Osteoporosis Exercise Class**

Town Hall – Friday – 9:30 to 11am

## January Birthdays

Ruth McKay	Bertine Galipeau
Mary Ann Sharrow	Linda Levite
Robert Wall	Karen Wassung
Robert Pike	



We wish all a Happy and Healthy New Year. Stop in and visit at any of our coffee hours which are held in the Senior Room on the second and fourth Tuesday of each month.

We are making plans to hold another picnic in June at Strathmore Park. Please consider joining us for a great meal and entertainment.

## Were you in the “DONUT HOLE” last year?

If so - chances are you could reach it again!

If you have a Medicare Part D or Medicare Advantage plan and do **not** get Extra Help, you will reach that coverage gap when the total retail cost of your prescription drugs reaches your plans out-of-pocket limits. This is where **Prescription Advantage** can help.

**Prescription Advantage**, the Massachusetts prescription drug assistance program, can help pay for your prescription drugs when you reach the “donut hole.” To find out how to lower your drug costs, call Prescription Advantage at:

1-800-243-4636

TTY at 1-877-610-0241

**Meals on Wheels** – Highland Valley Elder Services  
800-322-0551 or 413-586-2000 Donation requested.

**Veteran’s Agent** – Daniel Flechsig – 862-8095



## **Would You Like to Take Tai Chi?**

The COA is considering resuming a **Tai Chi** class beginning in March. The classes will be taught by **Ellie D’Allesandro** from the Westfield YMCA. This ten-week program is especially geared for seniors. Classes will be held in the **Town Hall** and will cost \$5.00 a class. Day and time to be determined.

If you would like more information, please call Anne-Marie at 862-3257.



## **6 Ways to Stay Physically Active in Winter**

The U.S. Department of Health and Human Services just released the *2020 Physical Activity Guidelines for Americans*. The guidelines recommend that adults move more and sit less throughout the day by engaging in a combination of aerobic activities, as well as balance training and muscle strengthening.

Exercising during the winter months can be challenging as temperatures drop, road and sidewalks are slippery, and storms prevent outdoor activities. Here are 6 ways to keep active this season.

### **1. Explore arthritis-friendly exercise videos**

Check out short videos with exercises focused on reducing joint pain through stretching and building strength. There are options for working out your upper and lower body, as well as trying out Tai Chi, all in your own home.

### **2. Find an exercise class near you**

It can be hard to stay motivated while exercising alone. Find an exercise class that can offer different options for activities and provide an opportunity to meet up with friends.

### **3. Go mall walking**

*Mall Walking Resource Guide* provides ideas for walking solo or with a group at a local mall. Moving your regular walks inside for the winter provides a warm, safe, and well-lit environment to keep active.

### **4. Take steps to prevent falls**

If you do walk outside, take precautions to avoid slips and trips on icy sidewalks. Check out how you can *Winterize to Prevent Falls*.

### **5. Get a workout to go**

*Go4Life's Workout to Go* guide has several options for exercising in your own home, including hand grips, wall pushups, and arm raises.

### **6. Find an indoor community pool or track**

Many local Parks and Recreation Centers and YMCAs offer physical activity options, such as swimming, walking on indoor tracks, and group exercise for older adults.

This newsletter is partially funded by a grant of the Executive Office of Elder Affairs  
Board Members: Anne-Marie Buikus 862-3257, Jane Thielen 862-4482, Sandy Haas 862-3829  
Jean Bush 862-3645, Geraldine Larrabee 862-3884, Darlene Brewster 862-3347  
Email: [COA@montgomeryma.gov](mailto:COA@montgomeryma.gov)